



State of Arizona  
Department of Education

Low-quality, high-fat food items  
(greater than 35% total calories from fat)

Sausage/bacon	French fries (oven-baked, homemade potato wedges are not high fat)
Salami/pepperoni	Tater tots
Bologna	Tortilla chips/potato chips
Hot dogs	Croissants
Corn dogs	Margarine/butter
Chicken nuggets/patties	Full-fat: cream cheese, sour cream, mayo, tarter sauce, dressings and dipping sauces
Fish sticks/nuggets/shapes	
Hot Pockets	
Ramen Noodles/Top Ramen	
All fried foods not limited to the following: fried chicken, chimichangas, taquitos, hard shell/crunchy tacos, fry bread	

High-sugar food items  
(greater than 35% total sugar by weight)

Cookies	Rice Krispie Treats
Brownies	High Sugar Breakfast Cereals
Toaster Pastries	Quick Breads/Muffins
Donuts	Vanilla Wafers
Cake/Cupcakes	Custard/Pudding
Pop Tarts	Flavored Milk, including chocolate
Granola Bars	Jam/Jelly
Cinnamon Rolls/Danish	Honey
Gelatin/Jell-O	Syrup
Cereal bars	Iced Animal Crackers

This list is to be used for reference and is not all inclusive